

# UTAH DIABETES PRACTICE RECOMMENDATIONS

## Directory of Utah Diabetes Education Programs

Diabetes self-management education (DSME) is generally conducted in a hospital or clinic with group and/or individual instruction. DSME consists of education from a 'team' of individuals from various disciplines. The 'team' must include a nurse and dietitian, but may also include one or more of the following: physician, pharmacist, exercise physiologist, health educator, social worker or other knowledgeable health care professional. An *individualized* program will be developed based on an initial patient assessment and/or physician referral. The DSME may cover any or all of the topics below depending on the needs of the patient:

- The diabetes disease process and treatment options
- Incorporating physical activity into a lifestyle
- Monitoring blood glucose, urine ketones (when appropriate), and using results to improve control
- Preventing, detecting and treating acute complications
- Goal setting to promote health, and solve problems of daily living
- Incorporating appropriate nutritional management into a lifestyle
- Medications and their effective therapeutic use
- Making and integrating psychosocial adjustments into daily life
- Promoting preconception care, management of pregnancy, and gestational diabetes
- Preventing (through risk reduction behavior), detecting, and treating chronic complications

**For reimbursement, most health insurance plans require DSME programs to meet the criteria set by the American Diabetes Association (ADA) or the Utah Diabetes Prevention and Control Program (DPCP). Check with health plans to assure eligibility for reimbursement. The lists below are effective as of November 1, 2005. MEDICARE REIMBURSES ONLY FOR DSME PROVIDED IN ADA APPROVED PROGRAMS.**

### Northern Utah - Box Elder, Cache, Davis, and Weber Counties

<b>Brigham City Hospital</b> Brigham City, Utah 84302	435-734-4339	DPCP	<b>Bountiful Health Center (IHC)</b> Bountiful, Utah 84010	801-294-1000	ADA
<b>Bear River Valley Hospital (IHC)</b> Tremonton, Utah 84337	435-257-7441	ADA	<b>Davis Hospital/ Medical Center</b> Layton, Utah 84041	800-423-0871	ADA
<b>Budge Clinic (IHC)</b> Logan, Utah 84341	435-792-1707	ADA	<b>Lakeview Hospital</b> Bountiful, Utah 84010	801-299-2470	ADA
<b>Logan Regional Hospital (IHC)</b> Logan, Utah 84341	435-716-5439	ADA	<b>Endocrine and Diabetes Clinic (McKay-Dee)</b> Ogden, Utah 84403	801-387-7900	ADA
			<b>McKay Dee Outpatient Diabetes Education (IHC)</b> Ogden, Utah 84403	801-387-7539	ADA

### Salt Lake County

<b>Alta View Hospital (IHC)</b> Sandy, Utah 84070	801-314-2894	ADA	<b>Medical Tower Specialty Clinic (IHC)</b> Murray, Utah 8407	801-314-4890	ADA
<b>Bryner Clinic (IHC)</b> Salt Lake City, Utah 84102	801-519-7192	ADA	<b>Memorial Medical Center (IHC)</b> Salt Lake City, Utah 84105	801-461-7979	ADA
<b>Cottonwood Hospital (IHC)</b> Murray, Utah 84106	801-314-2894	ADA	<b>Pioneer Valley Hospital</b> West Valley City, Utah 84120	800-423-0871	ADA
<b>Cottonwood Family Practice (IHC)</b> Salt Lake City, Utah 84121	801-262-3443	ADA	<b>Primary Children's at Utah Diabetes Center</b> Salt Lake City, Utah 84113	801-581-7761	DPCP
<b>Cottonwood Internal Medicine (IHC)</b> Murray, Utah 84107	801-314-4300	ADA	<b>Sandy Health Center (IHC)</b> Salt Lake City, Utah 84094	801-501-2100	ADA
<b>Diabetes Specialty Center</b> Salt Lake City, Utah 84115	801-268-9699	DPCP	<b>St. Marks Hospital</b> Salt Lake City, Utah 84124	801-268-7358	ADA
<b>Holladay Health Clinic (IHC)</b> Salt Lake City, Utah 84124	801-314-2894	ADA	<b>Salt Lake Clinic (IHC)</b> Salt Lake City, Utah 84102	801-535-8117	ADA
<b>Jordan Valley Hospital</b> West Jordan, Utah 84088	800-423-0871	ADA	<b>Salt Lake Regional Hospital</b> Salt Lake City, Utah 84102	800-423-0871	ADA
<b>LDS Hospital (IHC)</b> Salt Lake City, Utah 84143	801-314-2894	ADA	<b>Taylorsville Health Center (IHC)</b> Taylorsville, Utah 84118	801-840-2100	ADA
<b>Medical Tower Family Practice (IHC)</b> Murray, Utah 84107	801-314-4266	ADA	<b>Utah Diabetes Center, University of Utah</b> Salt Lake City, Utah 84108	801-581-7761	ADA
			<b>West Jordan Health Center (IHC)</b> West Jordan, Utah 84088	801-256-6343	ADA

## APPROVED DIABETES EDUCATION PROGRAMS

### Directory of Utah Diabetes Education Programs (continued)

#### Utah and Wasatch Counties

<b>American Fork Hospital (IHC)</b> American Fork Utah, 84004	801-763-3471	ADA	<b>Utah Valley Regional Medical Center (IHC)</b> Provo, Utah 84605	801-357-7546	ADA
<b>Mountain View Hospital</b> Payson, Utah 84651	801-465-7045	ADA	<b>Heber Valley Medical Center (IHC)</b> Heber City, Utah 84032	435-654-2500	ADA

#### Central and Southwestern Utah

<b>Central Valley Medical Center</b> Nephi, Utah 84648	435-623-3092	ADA	<b>Garfield Memorial Hospital (IHC)</b> Panguitch, Utah 84759	435-676-8811	ADA
<b>Gunnison Valley Hospital</b> Gunnison, Utah 84634	435-528-3955	DPCP	<b>Dixie Regional Medical Center (IHC)</b> St. George, Utah 84770	435-688-5085	ADA
<b>Sevier Valley Hospital (IHC)</b> Richfield, Utah 84701	435-893-0371	DPCP	<b>Valley View Medical Center (IHC)</b> Cedar City, Utah 84720	435-868-5000	ADA

#### Uintah Basin and Southeastern Utah

<b>Ashley Valley Medical Center</b> Vernal, Utah 84078	435-789-3342 X 174	ADA	<b>Allen Memorial Hospital</b> Moab, Utah 84532	435-259-7191	DPCP
<b>Uintah Basin Medical Center</b> Roosevelt, Utah 84066	435-722-6131 X 1363	ADA	<b>Blanding Family Practice</b> Blanding, Utah 84511	435-678-3601	DPCP
<b>Castleview Hospital</b> Price, Utah 84501	435-636-4822	DPCP	<b>Montezuma Creek Clinic</b> Montezuma Creek, Utah 84534	435-651-3291	DPCP
			<b>Navajo Mountain (Utah) Clinic</b> Navajo Mountain, Utah 86033	928-697-3067	DPCP

#### Additional Diabetes Self-Management Education Programs

In addition to the DSME programs locations listed above, some providers of this service have not yet been formally approved. These programs generally fit into one of the following categories:

- Satellite locations of certified programs using the same instructors and curriculum
- Providers who have not yet applied for State or ADA approval
- Providers who have not been able to comply with all formal requirements due to staffing shortages
- Programs that have contractual arrangements with third party payers and are able to secure reimbursement without certification

Because some health insurance plans will not reimburse for DSME, and many require pre-authorization and/or physician referral, patients should verify coverage when planning to receive services through any DSME provider. However, the programs listed below may be more likely to experience reimbursement difficulties than those listed above because they lacked formal approval at the time this list was created.

#### Other Programs

<b>Diabetes Specialty Center at Granger Clinic</b> West Valley City, Utah 84120	801-965-3639	<b>Mountain West Medical Center - Diabetes Education</b> Tooele, Utah 84074	435- 882-4163
<b>Dixie Regional Medical Center-River Road Clinic (IHC)</b> St. George, Utah 84770	435-688-6200	<b>Monument Valley Health Center</b> Monument Valley, Utah 84536	435-727-3242

In addition to the education programs listed here, Utah's Community Health Centers participate in a **national diabetes collaborative** and receive staff training in diabetes treatment and education. The experience and training for diabetes educational services in these and other programs not listed above may be subject to fluctuations depending on staff availability and experience. Insurance coverage for such programs may not be available. Please call to ascertain the availability of self-management education and insurance coverage in advance of referral.

**This list is updated periodically and available on the web at: [www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)**